### Understand the Weather

#### Wind-Chill

- **30°F** is *chilly* and generally uncomfortable
- **15°F** to **30°F** is *cold*
- **0°F** to **15°F** is *very cold*
- **-20°F** to **0°F** is *bitter cold* with significant risk of frostbite
- **-20°F** to **-60°F** is *extreme cold* and frostbite is likely
- **-60°F** is *frigid* and exposed skin will freeze in 1 minute

#### Heat Index

- **80°F** or below is considered *comfortable*
- **90°F** beginning to feel *uncomfortable*
- **100°F** *uncomfortable* and may be *hazardous*
- **110°F** considered *dangerous*

All temperatures are in degrees Fahrenheit

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#### Wind-Chill Factor Chart (in Fahrenheit)

<table>
<thead>
<tr>
<th>Air Temperature</th>
<th>0</th>
<th>10</th>
<th>20</th>
<th>30</th>
<th>40</th>
<th>50</th>
<th>60</th>
<th>70</th>
<th>80</th>
<th>90</th>
<th>100</th>
<th>110</th>
<th>120</th>
<th>130</th>
<th>140</th>
<th>150</th>
<th>160</th>
<th>170</th>
<th>180</th>
<th>190</th>
<th>200</th>
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<tbody>
<tr>
<td>30</td>
<td>30</td>
<td>27</td>
<td>16</td>
<td>9</td>
<td>4</td>
<td>0</td>
<td>-2</td>
<td>-4</td>
<td>-6</td>
<td>-8</td>
<td>-10</td>
<td>-12</td>
<td>-14</td>
<td>-16</td>
<td>-18</td>
<td>-20</td>
<td>-22</td>
<td>-24</td>
<td>-26</td>
<td>-28</td>
<td>-30</td>
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</table>

*Comfortable for outdoor play* | *Caution* | *Danger*

#### Heat Index Chart (in Fahrenheit)

<table>
<thead>
<tr>
<th>Temperature (°F)</th>
<th>75</th>
<th>80</th>
<th>85</th>
<th>90</th>
<th>95</th>
<th>100</th>
<th>105</th>
<th>110</th>
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<td>113</td>
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</tbody>
</table>

*Comfortable for outdoor play* | *Uncomfortable* | *Hazardous* | *Dangerous*
Watching the weather is just part of the job for child care providers. Planning for playtime, field trips, or weather safety is part of the daily routine. The weather forecast may be confusing unless you know the meaning of the words used by your weather forecaster.

**Blizzard Warning:** There will be snow and strong winds that produce a blinding snow, deep drifts, and life-threatening wind chills. Seek shelter immediately.

**Heat Index Warning:** How hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined.

**Relative Humidity:** The percent of moisture in the air.

**Temperature:** The temperature of the air in degrees Fahrenheit.

**Wind:** The speed of the wind in miles per hour.

**Wind Chill Warning:** There will be sub-zero temperatures with moderate to strong winds expected which may cause hypothermia and great danger to people, pets & livestock.

**Winter Weather Advisory:** Winter weather conditions are expected to cause significant inconveniences and may be hazardous. If caution is not exercised, these situations should not become life threatening.

**Winter Storm Warning:** Severe winter conditions have begun in your area.

**Winter Storm Watch:** Severe winter conditions, like heavy snow and ice are possible within the next day or two.

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**Condition GREEN** - Most children may play outdoors and be comfortable. Child care providers should watch for the child that becomes uncomfortable while playing outdoors.

INFANTS AND TODDLERS: Infants/toddlers are unable to tell the child care provider if they are too hot or cold. The infant/toddler may become fussy when uncomfortable. Infants/toddlers tolerate shorter periods of outdoor play. Dress infants/toddlers in lightweight cotton or cotton-like fabrics during the warmer months. In cooler or cold months dress infants in layers to keep them warm. Protect infants from the sun by using sunscreen and playing in shaded areas. Give beverages while playing outdoors.

YOUNG CHILDREN: Use precautions regarding clothing, sunscreen, and beverages. Young children need to be reminded to stop play and drink a beverage and apply more sunscreen.

OLDER CHILDREN: Use precautions for clothing, beverages, and sunscreen. The older child needs a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens). Apply sunscreen and give beverages while outdoors.

**Condition YELLOW** means the child care provider must use caution and closely observe the children for signs of being too hot or cold while outdoors. Clothing, sunscreen, and beverages are important. Shorten the length of outdoor time.

INFANTS AND TODDLERS: Child care providers should use the precautions outlined in Condition Green. Clothing, sunscreen, and beverages are important. Shorten the length of time for outdoor play.

YOUNG CHILDREN: Use the precautions regarding clothing, sunscreen, and beverages. Younger children may insist they are not too hot or cold because they are enjoying playtime. Child care providers need to structure the length of time for outdoor play for the young child.

OLDER CHILDREN: Use precautions for clothing, sunscreen, and beverages. Use a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens), applying sunscreen and drinking liquids remain important while playing outdoors.

**Condition RED** most children should not play outdoors due to the health risk.

INFANTS/TODDLERS should play indoors and have ample space for large motor play.

YOUNG CHILDREN may ask to play outside and do not understand the potential danger of weather conditions.

OLDER CHILDREN may play outdoors for very short periods of time. Child care providers must be vigilant about proper clothing, beverages, and use of sunscreen.

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